

# LESSON PLAN IDEAS

## To Help Students Walk and Bike Safely to School

### TEACHERS: LET'S TALK ABOUT IT



The Utah Department of Transportation Student Neighborhood Access Program (SNAP)<sup>™</sup> is a fun and comprehensive program for walking and biking safely to school that engages and educates students, parents, school administrators, crossing guards and communities.

We encourage you to teach your students how to walk and bike safely and follow the safest route to school using a SNAP Map, available from the principal. The following lesson ideas can help guide your conversation and should be adjusted to meet the needs and ages of your students.

#### FREE tools available at [udot.utah.gov/snap](http://udot.utah.gov/snap):

- **Student Activity Booklet:** Features reinforcement puzzles and word games
- **“SNAP, Walk ‘n Roll” soundtrack:** Features seven original songs for free download from the “SNAP, Walk ‘n Roll” musical assembly and movie that teach safe walking and biking skills (*sheet music and instrumental tracks to help students learn the songs are available upon request by emailing [snap@utah.gov](mailto:snap@utah.gov)*)
- **Safety Fair Ideas:** Features event planning tips and activities to teach pedestrian and bicycle safety

### HAVE 45 MINUTES?



#### TRAFFIC SIGNS AND SIGNALS QUIZ SHOW

Provide clues about how traffic signs and signals are used so students can guess what they are. Determine how you would like the students to answer (raised hands, written or drawn on paper, alternating groups for points, etc.).

#### SIGNS AND SIGNALS TO TEACH

- **Stop Sign Clue:** *This is a sign you come across when you’re walking or riding your bike or scooter. It has eight sides. It’s red. When you see it, you should not continue moving.*
- **Yield Sign Clue:** *This sign is yellow and shaped like a triangle. It tells pedestrians, motorists and bikers to slow down and proceed with caution.*
- **Railroad Crossing Sign Clue:** *This sign is only found near railroad tracks. It tells you to be careful when standing near or crossing railroad tracks.*

- **Crosswalk Clue:** *This is something painted white on the street. It’s a series of lines or stripes. It outlines where to walk to get across the road safely.*
- **Pedestrian Crossing Sign Clue:** *This yellow sign is found near crosswalks. It shows you where to cross the street safely.*
- **Stoplight Clue:** *This is something that has three colors—red, yellow and green. It changes colors to tell you when to move. It helps pedestrians, motorists and bikers take turns and travel safely.*
- **Flashing Crosswalk Sign at Stoplight Clue:** *This is something found at intersections with traffic lights. It is a bright, flashing sign that tells you when it’s safe to cross the street.*

(continued on back)

## BONUS SAFETY QUESTIONS

To ensure students know their traffic signs and signals and the rules of the road, alternate the following questions with the traffic signs and signals quiz show clues. Discuss the answers with the entire class:

- **What are three things you should do every time you come to the edge of a sidewalk?** Stop; look left, look right, and look left again; listen.
- **What should you do if you're halfway across the street and the flashing crosswalk signal changes to "DON'T WALK"?** Keep walking at a normal pace. Don't turn around and go back or run across the street.

- **When you're riding to school, where do you have to walk your bike or scooter?** Near school grounds and across crosswalks.
- **What should you do if you come across a construction area while walking or biking?** Find another safe route on your SNAP Map and walk with a parent or another trusted adult; etc.

## VARIATION

Show pictures of signs and signals and ask students to identify what they mean, or select one student to draw each sign on the chalkboard for other students to guess.

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## HAVE 30 MINUTES?



### SAFE WALKING AND BIKING ROLE PLAY

Ask small groups of students to pantomime safe walking and biking practices like crossing at crosswalks, checking their bike to make sure it's ready to ride, looking each way before crossing streets, and being safe near construction (simple props are optional). Afterward, gather the class to discuss what they learned.

### DISCUSSION POINTS

- **What can you do to prepare to walk or bike to school?** Wear bright clothes; never walk or bike alone; leave yourself enough time in the morning so you can be safe without rushing; eat a healthy breakfast; etc.
- **Where are the safest places to walk or bike?**
- Sidewalks; crosswalks; where parents say it is safe; on the safest routes identified on the SNAP Map, etc.

- **What should you do before you cross a street?** Look left, look right and look left again; make eye contact with drivers, etc.
- **What should you do when there is construction on your walking or biking route?** Find another safe route on your SNAP Map and walk with a parent or another trusted adult, etc.
- **What should you do before riding your bike?** Check the tires, seat and brakes; wear a helmet; make sure you don't have any loose items on your clothing or backpack; get your parent's permission; etc.

## VARIATION

Let the groups of students determine their own safe or unsafe walking and biking scenes to role play. Then talk to the class about how the scene demonstrated safety and how it could be safer.

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## HAVE 15 MINUTES?



- Play **"I Spy"** in the classroom or outside to identify shapes or colors that resemble traffic signs and signals or brightly colored items that remind students of the colors they should wear to be seen when walking or biking.
- Play a game of **"Safe or Unsafe"** by giving students examples of safe and unsafe walking and biking habits and letting them determine if they are safe or unsafe examples (thumbs up/thumbs down); talk about each.
- Play **"Follow the Leader"** using a pretend sidewalk and crosswalk. Teach students to look left, look right and look left again before crossing the street.
- Play **"Red Light/Green Light"** and remind students they should wait for the signal to cross and shouldn't run across the street.

